

Class Guide by Day and Time

MONDAY	TIMES	MONDAY CLASSES	DAY	DATES	ROOM LOCATION
	8:45-10:00 am	Yoga for Seniors - Bring Ease & Joy in Aging	M/Th	9/24-12/13	M: Multi A., Th: D&M
	8:45-10:15 am	ESL - Literacy/Beginning Low	M/Th/F	9/6-12/21	Multi B
	8:45-10:15 am	ESL - Intermediate	M/Th/F	9/6-12/21	Meeting Room
	9:00-11:00 am	Meet the PC	M/W	9/17-10/3	Technology Room
	9:00-11:00 am	Get Connected - Internet (Email)	M/W	10/8-10/24	Technology Room
	9:00-11:00 am	Picasa Photo Organizing and Sharing	M/W	10/29-11/19	Technology Room
	9:00 am-12:00 pm	Creative Stitchery	M	Ongoing	Arts & Crafts
	10:15 am-12:00 pm	T'ai Chi	M	Ongoing	Multi A
	10:30 am-12:00 pm	ESL - Advanced Low	M/Th/F	9/6-12/21	Meeting Room
	10:30 am-12:00 pm	ESL - Beginning High	M/Th/F	9/6-12/21	Multi B
	1:00-3:00 pm	Current Affairs	M	9/10-12/10	Meeting Room
	1:00-4:00 pm	Woodcarving, Drop-in	M	Ongoing	Arts & Crafts
	1:30-4:00 pm	The Art of Quilting	M	9/17-12/10	Multi B
	6:30-8:30 pm	Ikebana (Flower Arranging)	M (2nd&4th)	Ongoing	Arts & Crafts
	7:00-9:00 pm	Social Dance Club	M	Ongoing	Multi A
TUESDAY	TIMES	TUESDAY CLASSES	DAY	DATES	ROOM LOCATION
	9:00 am -12:00 pm	Drawing and Watercolor	T	9/11-11/13	Arts & Crafts
	9:00-11:00 am	Genealogy, Introduction	T	9/11-12/11	Community Center - Rm. 2
	9:30-10:15 & 10:30-11:15	Strong for Life (2 classes)	T	Ongoing	Dance/Movement Room
	10:30-11:30 am	Book Club	T (2nd)	Ongoing	Multi B
	12:30-2:30 pm	Spanish, Intermediate Conversation	T	9/11-12/4	Meeting Room
	1:00-2:00 pm	Low Impact Aerobics	T/Th	9/18-12/6	Multi A
	1:00-2:30 pm	Workout on Broadway	T/Th	9/11-12/13	Dance/Movement Room
	1:00-4:00 pm	Karaoke: Drop-In	T	Ongoing	Arts & Crafts
	2:30-4:30 pm	Chinese Chorus	T	Ongoing	Multi A
	4:00-6:00 pm	Wii Bowling	T	Ongoing	Social Hall
	7:15-8:30 pm	Belly Dancing	T	Ongoing	Dance/Movement Room
WEDNESDAY	TIMES	WEDNESDAY CLASSES	DAY	DATES	ROOM LOCATION
	9:00-11:00 am	Meet the PC	M/W	9/17-10/3	Technology Room
	9:00-11:00 am	Get Connected - Internet (Email)	M/W	10/8-10/24	Technology Room
	9:00-11:00 am	Picasa Photo Organizing and Sharing	M/W	10/29-11/19	Technology Room
	9:00 am-12:00 pm	Ceramics, Small Sculpture	W	9/12-12/12	Arts & Crafts
	9:00 am-12:00 pm	Painting Club	W	Ongoing	Multi B
	9:30-11:30 am	Chorus	W	9/12-12/19	Multi A
	10:00-11:15 am	Therapeutic Yoga for Seniors	W	Ongoing	Dance/Movement Room
	1:00-2:00 pm	Episodes in American History	W	9/26, 10/10, 11/7, 11/28	Meeting Room
	1:00-3:30 pm	Knitting & Crocheting Club	W	Ongoing	Multi B
	1:00-4:00 pm	Ceramics, Beg./Int.	W	9/12-12/12	Arts & Crafts
	1:30-4:15 pm	Orchestra	W	9/5-12/12	Multi A
	5:30-7:00 pm	Qigong - Evening	W	9/5-12/19	Multi A
	7:00-8:45 pm	The Joy of Movement	W (1st)	Ongoing	Social Hall

THURSDAY	TIMES	THURSDAY CLASSES	DAY	DATES	ROOM LOCATION
	8:45-10:00 am	Yoga for Seniors - Bring Ease & Joy in Aging	M/Th	9/24-12/13	M: Multi A., Th: D&M
	8:45-10:15 am	ESL - Literacy/Beginning Low	M/Th/F	9/6-12/21	Multi B
	8:45-10:15 am	ESL - Intermediate	M/Th/F	9/6-12/21	Meeting Room
	9:00 am-12:30 pm	Ceramics: Earth, Glaze and Fire	TH	9/6-12/6	Arts & Crafts
	10:00-11:30 am	Qigong: Morning	TH	Ongoing	Community Center - Room 3
	10:30-11:30 am	Zumba Gold	TH	9/13-12/6	Dance/Movement Room
	10:30 am-12:00 pm	ESL - Advanced Low	M/Th/F	9/6-12/21	Meeting Room
	10:30 am-12:00 pm	ESL - Beginning High	M/Th/F	9/6-12/21	Multi B
	12:30-3:30 pm	Memoirs Writing	TH	9/13-12/13	Multi B
	1:00-2:00 pm	Low Impact Aerobics	T/Th	9/18-12/6	Multi A
	1:00-2:30 pm	Workout on Broadway	T/Th	9/11-12/13	Dance/Movement Room
	1:00-4:00 pm	Figure and Portrait Drawing	TH	9/6-11/8	Arts & Crafts
	2:45-4:30 pm	Beginning Social Dance	TH	Ongoing	Multi A
FRIDAY	TIMES	FRIDAY CLASSES	DAY	DATES	ROOM LOCATION
	8:45-10:15 am	ESL - Literacy/Beginning Low	M/Th/F	9/6-12/21	Multi B
	8:45-10:15 am	ESL - Intermediate	M/Th/F	9/6-12/21	Meeting Room
	8:45-9:45 am	Body & Core Strengthening - New!	F	9/21-12/14	Multi A
	9:00 am-12:00 pm	Calligraphy, Gothicized Italic	F	9/7-12/7	Community Center - Room 2
	9:30-11:30 am	Bridge, Drop-in	F	Ongoing	Arts & Crafts
	10:00-11:15 am	Feldenkrais - Awareness through Movement	F	9/7-12/7	Multi A
	10:30 am-12:00 pm	ESL - Advanced Low	M/Th/F	9/6-12/21	Meeting Room
	10:30 am-12:00 pm	ESL - Beginning High	M/Th/F	9/6-12/21	Multi B
	1:00-2:00 pm	Line Dancing	F	Ongoing	Multi A
	1:00-3:00 pm	English Advanced Conversation	F	9/14-12/14	Meeting Room
	2:00-4:30 pm	Chinese Folk Dancing Group	F	Ongoing	Dance/Movement Room
	2:15-3:15 pm	Square Dancing	F	Ongoing	Multi A

Mark your
calendars for the
Annual Senior
Resource Fair this
Fall!

SENIOR RESOURCE FAIR

Mountain View Senior Center
266 Escuela Avenue, Mountain View, CA

Thursday, September 27, 2012
2:30pm-5:00pm

- Social Security Administration
- Blood Pressure Screening
- Home Care Information
- Book Mobile
- Health Information
- Transportation Information
- Legal Information
- Volunteer Opportunities
- Appointments with the Health Insurance Counseling Advocacy Program (HICAP) volunteers to have all your health insurance questions answered!
...and much much more!

This event is **FREE** and open to the public!

Light refreshments will be available.

There will be a **FREE Raffle** for a chance to win fabulous prizes!

Call 650.903.6330 for more information or to make an appointment.

SEE YOU THERE!



Thursday,
September 27!